

USING NSP WEIGHT MANAGEMENT SOLUTIONS WITH THE ESSENTIAL FOODS MEAL PLAN



It would be great if everyone could follow a diet and lose weight, but that is not the case. Everyone needs crutches—products that curb the appetite, increase the rate at which calories are burned, and serve as meal and snack substitutes. The NSP product line does all of these things and more.

During active weight loss, it is important to substitute one or two meals for a nutrient-rich meal replacement. NSP meal replacement shakes make a healthy, delicious and effective alternative to high-calorie meals. At the same time, take two Ultra Therm or Ultra Therm CF capsules to rev up your calorie-burning machine. Eat a piece of fruit and then get out of the kitchen. You'll remain full until lunch.

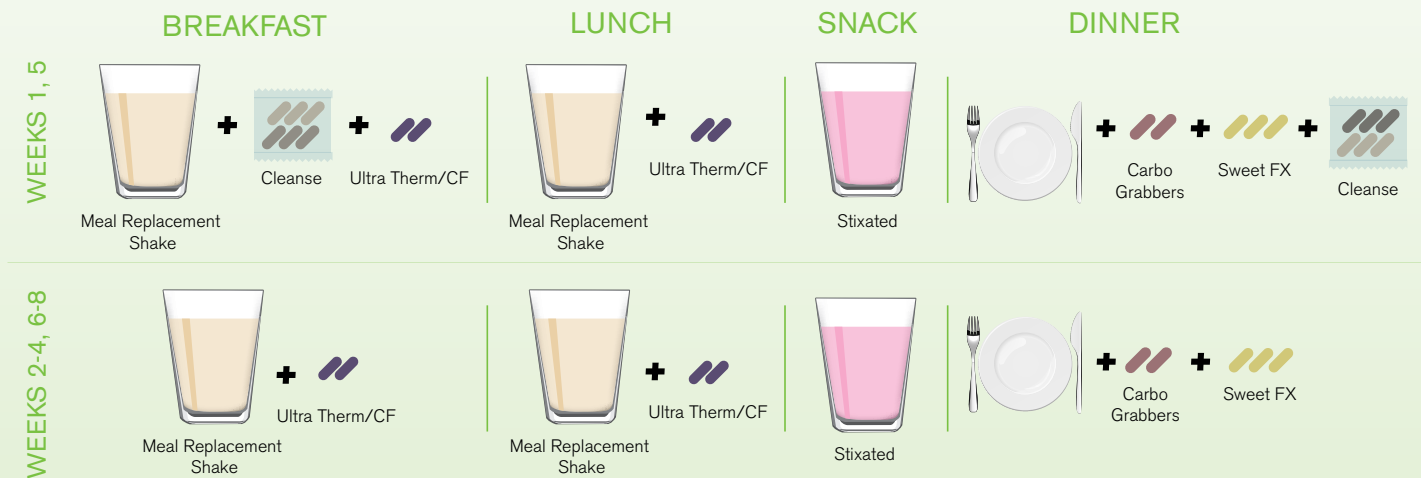
By noon, you'll be ready for another tasty NSP meal replacement shake and a piece of fruit. In addition, you'll want to keep those calories burning by consuming another two Ultra Therm or Ultra Therm CF capsules. By 3 p.m., hunger may set in, and this is where the Stixated drink comes into play. Mix with 16 ounces of water to promote an instant sense of fullness and nourish your body with enough nutrients to get you to dinner. If you get hungry after dinner, you can treat yourself to another Stixated drink.

Since your evening meal is typically the largest meal of the day and contains the most carbohydrates, you should take three Sweet FX capsules and two Carbo Grabbers capsules with dinner. These products help slow the rate that carbohydrates enter the bloodstream while also blocking some of them—and their associated calories—from being absorbed. Both of these actions blunt the spike in blood sugar that normally occurs after meals and promote weight loss and less hunger.

Active weight loss is the ideal time to cleanse the body. The body will be burning up fat, which leads to an increase in the release of toxins and chemicals not ordinarily present when your weight is stable. For that reason, we recommend one packet from CleanStart® or Tiao He Cleanse®. Or you can use a PM packet from the Dieter's Cleanse.*

At the end of the day, by following the Essential Foods diet and using NSP weight management products, you should feel full, have no unwanted side effects and be on the road to successful weight loss.

DAILY SCHEDULE



Breakfast is the most important meal of the day for someone who is trying to lose weight. NSP meal replacement shakes are specially designed to provide healthful nutrition and to satisfy hunger until your next meal. Choose from three different options:

- Nutri-Burn (whey/caseinate blend—non-vegetarian)
- SmartMeal (soy/pea blend—vegetarian)
- Love and Peas (pea protein—vegetarian, allergen-free)

We recommend that you add 2–3 scoops of shake powder with 12–14 oz. of water/ice or a reconstituting beverage like soy milk. For lunch, you should consume another meal replacement shake.

ULTRATHERM™/ULTRATHERM™ CF

Losing weight is hard, so having a little help to burn more calories is a welcome thing. Ultra Therm products are specially created to increase the rate that the body burns calories and breaks down fat. The active ingredients in Ultra Therm include green coffee bean extract, green tea and a sustained-released energy blend (from caffeine, guarana and yerba mate—equal to approximately 1 cup of coffee). Ultra Therm CF is caffeine-free, and it features a clinically tested botanical blend (*Sphaeranthus indicus* flower, and *Garcinia mangostana*). Additionally, the product contains hesperidin extract, green tea leaf extract, rhodiola root extract and green coffee bean extract. The amounts of each key ingredient in our Ultra Therm products match the levels used in previous clinical studies where healthy weight loss was achieved.

STIXATED™

Dietary restriction can occasionally leave you feeling hungry. Stixated works perfectly at those times. It should be taken between meals, one or more times a day. Just pour the contents of one stick pack into 16 ounces of water, stir and enjoy. Some people like to use it as an afternoon snack, while others might use it after dinner. Containing a standardized extract of *Garcinia cambogia* and chromium picolinate, this delicious drink promotes a feeling of fullness over a couple of hours and helps regulate food cravings. In addition, it contains a novel fiber blend to produce a sense of fullness.

CARBO GRABBERS®

This product aids in healthy weight goals by helping to reduce the conversion of carbohydrates to calories and is ideal for meals containing grain-based foods. This means you will absorb fewer calories when you take Carbo Grabbers immediately prior to eating a meal containing carbohydrates. Derived from white kidney beans, this product contains an amylase inhibitor, which is responsible for blocking the amylase digestive enzyme excreted by the pancreas. Specifically, this product interferes with the body's natural breakdown of large starch molecules to simple sugar molecules, which can be directly absorbed into the bloodstream. Subsequently, much of the starch—and associated calories—is carried through the body by its natural elimination process. This ingredient also slows the rapid absorption of dietary carbohydrates, thereby favorably influencing the insulin response and helping to lessen fat accumulation.

SWEET FX™

Since sugar intake is on the rise, strategies to reduce its effects are desired. The main ingredient in Sweet FX is L-arabinose, a pentose naturally found in foods. It inhibits the brush border enzyme sucrase, which breaks down the disaccharide sucrose (sugar) into glucose and fructose. The potential nutritional advantages of consuming L-arabinose may be a delayed digestion of sucrose and, consequently, a slower absorption of glucose. This results in delayed and decreased blood glucose and insulin responses. In addition, Sweet FX contains another ingredient that promotes a calming effect without inducing drowsiness. This is vital because often the emotional aspects of occasional stress will contribute to weight gain and cause people to fail on their weight loss journeys.

CLEANSE

During the first week of every month, take the contents of one cleanse packet each morning with breakfast and again each night with dinner. Powerful cleansing herbs will help rid the body of unwanted toxins that tend to build up during the breakdown of stored body fat, as well as help protect your blood and support your liver, which is the major organ responsible for detoxifying the body. We recommend you use one pill packet from Nature's Sunshine CleanStart or Tiao He Cleanse. Or you can use an AM/PM packet from the Dieter's Cleanse. Each pack contains carefully sourced herbs, which have been shown in Traditional Chinese Medicine, and later verified by the German Commission E, to be effective at cleansing the body. Each pack also contains additional herbs, which have been used historically to purify and detoxify the lower bowel.